



Issue 3; February 2025

PATRIOTS NEWS

Official Newsletter of the Calgary Patriots Swim Club

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SAVE THE DATES


Parent Social

 Saturday, March 1st
Further details will be provided
shortly


Semi-Annual AGM

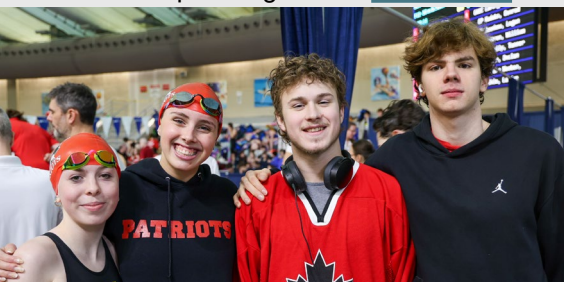
 Saturday, June 21st; 8:00AM
Riverview Room, MNP Sports
Centre

Annual Awards Banquet

 Sunday, June 22nd
Polish Canadian Cultural Centre

UPCOMING MEETS

 Sign into your Patriots account to
see upcoming meets! [VIEW NOW](#)



COACH'S MESSAGE

Hear it directly from the source....your Coach!



Keep Focusing on the Little Things

By Kevin Coulman, Head Coach and Gold Squad Coach

We've seen so many highlights this season with swimmers breaking records, improving their times, and most importantly, supporting one another. These accomplishments reflect an inherent culture shift in the Club as a whole and I am excited to be part of it.

The key to our continued success will be focusing on the little things that make a big difference. Consistency is key in swimming. It's not just about occasional breakthroughs, but about making steady improvements day in and day out. Whether it's perfecting your technique, training hard, or strengthening your mental game, every small step forward counts.

When we look at performances at meets, we can generally divide up that result into three elements – Training, Preparation, & Execution. All these elements need to be worked on and developed over time and in some cases away from the pool.

Training is the work and effort we put in for months leading into the meet. Hard work at practice in November can have a major impact on success at a meet in January, February and beyond. Being consistent with your hard work is what will have the most impact.

Preparation comes down to work a swimmer does away from the pool with managing meals, dryland, sleep & hydration. This enables swimmers to rest and recover as much as possible before the meet but also during the meet after high energy swims. Developing a routine will enable the swimmer to focus their efforts on that swim and manage problems more effectively because what you can control becomes habit.

Execution comes to a swimmer's ability to execute the skills, race plan and energy level required for the swim, right before they dive in and during the race itself. Regardless of how your body feels if you can reset your mind right behind the block, you can have huge success. Our [3-3-3 plan](#) for "locking in" helps achieve the right energy level and focus the mind to the current race and to not dwell on previous or future races.

As we look toward the future, I encourage each swimmer to continue challenging themselves, setting new goals, and showing up every day with the same commitment to excellence. Parents, your support has been a vital part of our success, and I can't thank you enough for being there every step of the way.

I also want to take a moment to recognize the amazing volunteers who made Pugsley's such a success. It's volunteers like you who help create the environment that allows our swimmers to shine, and we couldn't have done it without you. A huge thank you to everyone who pitched in and contributed their time and energy to ensure the meet was a success!

Don't forget to Believe!

New Resources Just Added – Take a Look!

Explore our newly curated webpages on [Nutrition](#), [Mental Preparation](#), and [Activation and Dryland Training](#)! These resources are available under the 'SWIMMERS' menu heading. If you have suggestions for additional content or topics you'd like to see, please share your ideas with us at communication@calgarypatriots.com.



MESSAGE FROM THE BOARD

Communication and insights from our Board of Directors



Making Waves: The Financial Importance of Our Club-Hosted Meets

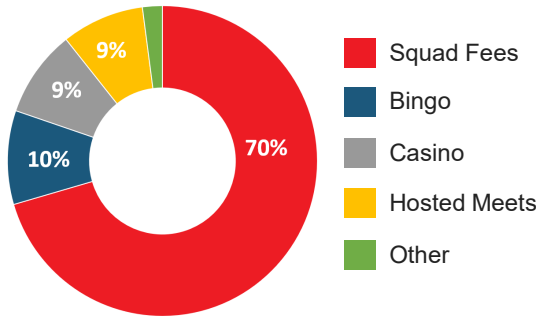
By Aaron Swanson, VP Finance

Club-hosted swim meets are an essential part of the Calgary Patriots Swim Club's operations. While these events are an opportunity for our athletes to showcase their hard work, they also serve another critical purpose: generating revenue to support the swim program which effectively helps to subsidize our monthly squad fees.

Sources of Revenue

Sources of club revenue can be placed into four buckets, with monthly squad fees making up the majority. Having said that, bingos, casinos, and hosted meets contribute meaningfully to our bottom line, subsidizing squad fees to the tune of **30% per year**.

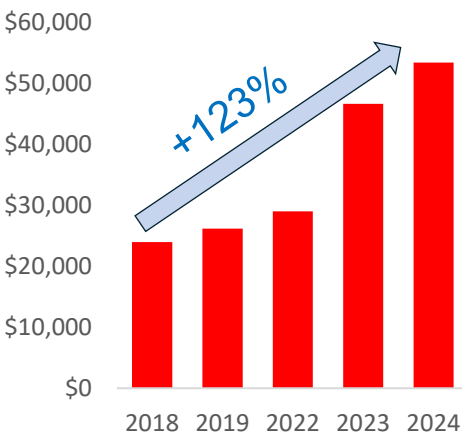
Annual Revenue Contribution



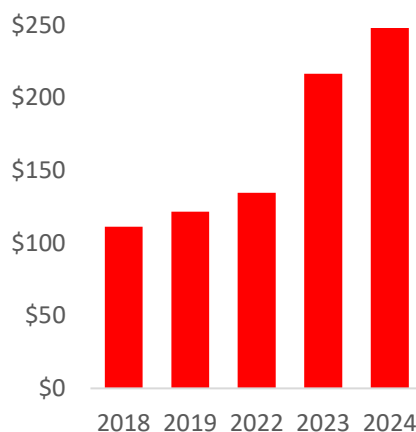
A Closer Look at Hosted Meets

As many would have witnessed at our recently hosted meet, there is a ton of work to ensure successful execution, both operationally and financially. Thanks to the hard work of key members of the club, we have seen a steady increase in the annual financial contribution of hosted meets to our bottom line. Over the past 6 years we have seen annual hosted meet income **increase 123% to over \$50,000 per year**. As a result, income from our hosted meets now offsets annual squad fees by roughly \$250/year per swimmer.

Hosted Meets - Net Income



Annual Squad Fee Savings Per Swimmer



Team Effort Makes Hosted Meets Work

As we saw at our recently hosted Pugsley's Plunge, successfully hosting a swim meet that sees over 600 athletes compete takes a herculean effort. The effort is not wasted as hosted meets directly support Patriots athletes and showcase the club while enabling us to maintain affordability for our swim families. As we look ahead to future events, we encourage all members to stay involved so we can continue to build a strong and financially sustainable swim club.

FOLLOW US ON INSTAGRAM



@CALGARY.PATRIOTS

JOIN THE BOARD!

Volunteer board members play a vital role in guiding our club to success, ensuring its continued growth and excellence. For the 2025-2026 term, we are seeking passionate individuals to step into key leadership roles as we prepare for the departures of Dave Sweeney (President), Sherri Gibbons (Officials Coordinator), and Rikki Hanley (Meet Management).

If you are interested in being nominated for a board position or would like more information, contact Dave Sweeney at president@calgarypatriots.com.

Further details on all board positions may be found [HERE](#).



Calgary Patriots Photo Gallery

Thank you to our talented parent volunteers, Stephen Sauder and Beverly Mack, for capturing amazing moments from Pugsley's Plunge and Winter Festival 2025 respectively! Click [HERE](#) to view the photos and explore galleries from Winter Festival 2025, Team Champs 2024 and Chinook Invitational 2024. Should you wish to contribute your own pictures, e-mail them to pictures@calgarypatriots.com.

PATRIOTS POOLSIDE CHRONICLES

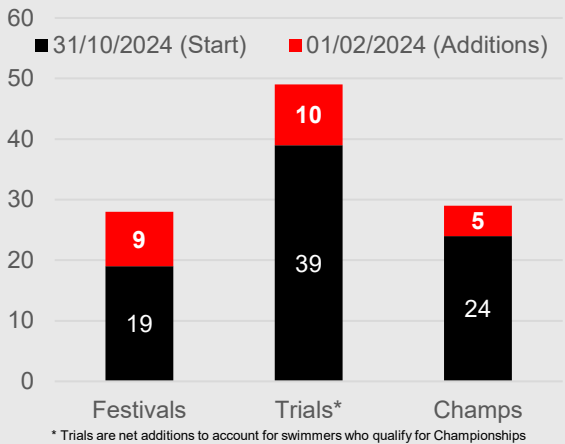
A section dedicated to the swimmers!



New Provincial Record!

Congratulations to Will Cameron for setting a new short course 50m fly Alberta provincial standard for 13-year-old males with a time of 26.37.

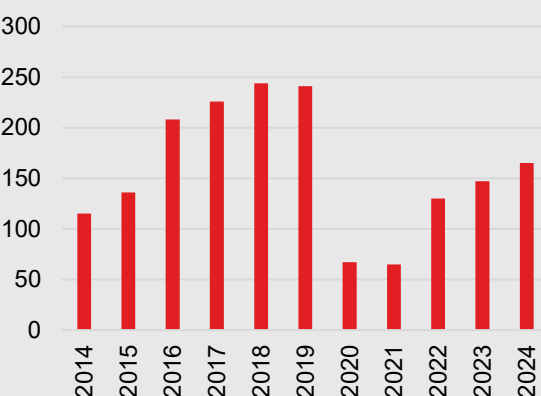
Provincial Meet Qualifiers



NEW QUALIFIERS

Meet	Swimmer(s)
Festival	Owen Chen, Ivan Dehtiarov, Esmé Hockey, Josie Johnson, Owen Percival, Sophie Rippe, Alexander St. Arnault, Evan Ying, Jameson Young
Trials	Katelyn Ford, Sophia Kwok, Sadie Miller, Emma Ramirez-Amador, Claire Scholefield, Miia Sikorska, Audrey Thompson, Ege Tutkuner, Evan Ying, Luca Young
Championships	Ulan Abbadi-MacIntosh, Oliver Jean, Stella Pasalic, Vera Swanson, Cate Wachtler

2024-2025 Short Course New Top 10s



The Final Wall

By Jocelyn Evans

When I'm at the last wall of a race, I am always thinking "Just 25 metres to go!" but then I refocus on making it through the rest of the 25 and not giving up on a good race just because I'm tired and it feels hard. A good dolphin kick helps me set this up. Here are a couple of tips I like to execute off the final wall:

1. Do the same number of kicks you've been doing off the other turn walls.

I know it's hard because you're tired and you want to breathe but it helps me to set up my stroke for the rest of the race and it's easier than having to swim the entire 25 of butterfly (or any other stroke for that matter).

2. Focus on being stable.

The more fatigued I get, the less power it feels like I am transferring on my dolphin kicks. I focus on keeping my core and my streamline tight to ensure I get a good start to the final 25.

Jocelyn is a member of the Gold Squad and is swimming her final season with the Patriots. Next fall she will attend the University of Ottawa and swim on the varsity team.



RECENT MEETS SUMMARY

Swim Meet	# of Swimmers	PBs	Podium Places	Club Records
Edmonton Open 2025	21	67	0	9
Winter Festival	20	78	16	0
Pugsley's Plunge 2025	192	631	262	4
Long Course Qualy 2024	21	17	15	2
Comets Holiday Invitational	44	146	68	0
2024 JP Fiset Invitational	64	261	37	20
Winter Photos	23	87	42	0
Sandy Ferris Age Group	55	192	32	0
2024 KSC SC Invitational	51	139	21	3
UCSC Wacky T-Shirt 2024	26	78	46	0
CCCSC Comet Cup	85	408	97	0
2024 MiniPro Speed Meet	48	149	50	13

NEW SHORT COURSE CLUB RECORDS

Swimmer	Event/Age Category/Time
Will Cameron	50 free/13M/00:25.23, 200 free/13 M/02:01.98, 50 back/13 M/00:28.97, 50 fly/13 M/00:26.37, 100 fly/13 M/00:59.40, 200 fly/13 M/02:14.57, 200 medley/13 M/02:19.47, 100 free/13 M/00:54.98, 100 back/13 M/01:01.92, 400 medley/13 M/04:54.41, 50 back/14 M/00:28.68, 100 back/14 M/01:01.04, 50 fly/14 M/00:26.89, 50 fly/(LC)14 M/00:27.12, 100 fly/(LC)14 M/01:00.84, 200 fly/(LC)14 M/02:23.21
Will Zhang	50 breast/13 M/00:33.62
Federico Martino	100 breast/13 M/01:10.83, 200 breast/13 M/02:30.42, 50 breast/13 M/00:32.78, 200 medley/13 M/2:18.66, 200 breast(LC)/13 M/02:38.89, 50 breast(LC)/13 M/00:33.70, 100 breast(LC)/13 M/01:13.85
Hudson Blough	100 breast/15 M/01:06.51, 200 breast/15 M/02:24.06, 50 breast/15 M/00:30.59, 200 breast(LC)/15 M/02:32.98, 100 breast(LC)/15 M/01:08.37, 200 breast(LC)/15 M/02:30.55
Levi Hildebrand	200 medley/15 M/02:15.81, 200 free/15 M/01:55.63
Noa Burger	400 free/12M/04:33.93, 800 free/12M/09:31.77
Samuel Bygrave	1500 free/15 M/16:49.21, 200 fly/15 M/02:11.12, 400 medley/15 M/04:44.67, 200 fly(LC)/15 M/02:14.21
Audrey Thompson	400 medley/10 F/06:29.69
Jade Boake	50 fly(LC)/15 F/00:28.88





LANE LEADERS

Our club is supported by an active, dedicated and engaged parent community

FLIP TURN THOUGHTS

A space where swimmers, parents, coaches, even other swim clubs can submit anonymous (or not) messages.

Keep it respectful and have some fun. Be warned, the editor may provide some unsolicited commentary if warranted. Submissions can be made to ftt@calgarypatriots.com

"Thanks everyone for making Pugsley's Plunge such a success."

- Puggles

"Hey Brent! Who do we need to talk to about adding mixed relays to the Club records list?"

- 4 ten-year-olds



2024-2025 Fundraising Initiatives

By Tania Amador, Sponsorship and Gaming Officer

We are excited to announce a series of fundraising initiatives to support our athletes and their families. These initiatives are organized into three categories: Club-Level, Squad-Level, and Individual.

Club-Level Fundraising

Our club will be hosting several events to raise funds for team travel and other collective needs. One of our main initiatives is the 50-50 raffles held at our hosted swim meets. The proceeds from these raffles will support travel expenses for non-qualifying meets, ensuring that all team members have a chance to participate and compete.

This season, the following travel meets will benefit from the current proceeds of 50-50 raffles:

•**Grey and Black squads-** Pronghorn Classic in Lethbridge, AB in March 14-16, 2025

•**Red and Bronze squads-** AMAC Spring Invitational in Medicine Hat, AB in May 23-25, 2025

•**Silver and Gold squads-** Kelowna Invitational in Kelowna, BC in May 9-11, 2025 (to be confirmed)

Squad-Level Fundraising

Each squad has the opportunity to raise funds for specific trips or activities. This year, we are rallying behind our silver and gold swimmers attending the training camp in Coronado, California. To help cover the costs associated with their trip, we are organizing t-shirt sales, bottle drives and silent auctions.

If you would like to join the fundraising committee and help coordinate other initiatives, please contact us at sponsorship@calgarypatriots.com

Individual Fundraising

In addition to club and squad-level efforts, we encourage individual fundraising to support your family account. Athletes and their friends and families can participate by using their swimmers' Skip the Depot individual accounts or by spreading the word and participating in Team Fund food fundraising sales.

<https://app.skipthedepot.com/yycpsc>

<https://calgarypatriotsswimclub.myteamfund.ca>

Get Involved!

We invite all members to participate in these fundraising activities, whether by volunteering, organizing, or simply spreading the word. Your support is crucial in helping us create a thriving and supportive environment for our athletes.

Thank you for your continued support and dedication to your Club.



FUNDRAISING

Coco Brooks and Simple Simon Pies

Support the Coronado swimmers by purchasing Coco Brooks or Simple Simon Pies through TEAMFUND.ca!



We've partnered with SkipTheDepot!

What is [SkipTheDepot](https://www.skipthedepot.com)? A door-to-door bottle collection service that makes refundable recycling and fundraising easy.



SKIPTHEDEPOT

Download the app and start donating to us today!

Patriots fan t-shirts

To order t-shirts please contact Erin Cameron erincameron@hotmail.com

Carpooling just got easier!

The Calgary Patriots are on [carpoolworld.com](https://www.carpoolworld.com). Sign-up [here](#). After creating your account, you can connect with other Patriots families interested in carpooling. You may find a link to our [carpoolworld.com](https://www.carpoolworld.com) splash page under the 'Resources' menu on our website.





Promoting Inclusivity Within Competitive Swimming

By Ryan Thompson, Member at Large: Communications

Have you ever heard of an Indigenous swimsuit?" Brent Dodginghorse asked me. It may be a joke within the Indigenous community, but it was

something I never considered until he followed with the punchline "shorts and a t-shirt." This was the introduction to our conversation but provided me a new perspective of what considerations needed to be taken into making the sport of swimming more welcoming for youth from all ethnic backgrounds.

"Enhancing inclusivity within competitive swimming will require eliminating barriers"

Brent Dodginghorse, a member of the Tsuut'ina Nation, boasts a remarkable career spanning professional hockey, world championship steer wrestling, and public service as an elected councillor. Now, he has turned his focus toward fostering positive change in the world of sports. Together with his wife, Sonya, Brent founded DH Ranch, an organization dedicated to team building, diversity awareness, and other impactful programs. Through DH Ranch, Brent draws on his personal experiences to address racism and discrimination in sports, inspiring meaningful dialogue and action. In addition to his work with DH Ranch, Brent serves as the Calgary Flames Indigenous Ambassador, a Calgary Stampede Co-Advisor, and the Indigenous Advisor for the Special Olympics 2024, roles that allow him to champion inclusion and representation across diverse platforms. When I messaged him about contributing

to our Club newsletter, Brent simply stated, "Yes, lets do this!"

Brent's enthusiastic response encapsulates his unwavering commitment to advancing inclusivity and equity. His dedication serves as a powerful reminder that creating meaningful change in sports requires intentional action and collaboration. Inspired by leaders like Brent, the journey to making sport more inclusive for youth in Canada involves tackling systemic barriers, fostering cultural sensitivity, and building supportive pathways for underrepresented communities.

"Providing a space where youth are comfortable is where we need to start"

After the initial joke, Brent shared valuable insights into Indigenous culture and why a swimming pool might be an uncomfortable space for Indigenous youth, as well as youth from other cultural backgrounds. From cultural considerations—such as the use of the 'Indigenous swimsuit,' which respects the tradition of not exposing one's body in public—to systemic issues like lack of access to facilities, limited program availability, racial discrimination, and a shortage of role models, numerous barriers contribute to the underrepresentation of ethnic groups in swimming. To foster inclusivity in competitive swimming for youth in Canada, it is essential to address and eliminate these barriers.

Here are some actionable steps which can be undertaken to make competitive swimming more accessible:

Access to Facilities and Programs

- **Build and Improve Facilities:** Partner with organization and communities to construct or upgrade swimming facilities in remote or underserved areas.
- **Affordability:** Provide affordable swimming lessons, training programs, and competitive meets.
- **Accessible Programs:** Deliver programming to remote areas through online content or pop-up events.

Policy and Advocacy

- **Inclusivity Mandates:** Encourage national and provincial swimming organizations to adopt policies promoting diversity.
- **Representation:** Ensure diversity in decision-making bodies within swimming organizations.
- **Equitable Event Design:** Organize competitions in locations accessible to communities.

Mentoring and Networking

- **Athlete Networks:** Establish networks where athletes from diverse backgrounds can share experiences, mentor each other, and advocate for their needs.
- **Success Stories:** Highlight swimmers' achievements to inspire others.

Other initiatives to consider include offering culturally relevant programming, providing financial support, encouraging early engagement and awareness, fostering collaborations, and proactively addressing stereotypes and racism. Meaningful change, however, depends on the collective effort of the swim community to drive progress. Enhancing inclusivity in competitive swimming will require a sustained commitment and coordinated collaboration among swimming organizations, community leaders, and government bodies.

This past summer, Apollo Hess made history as the first Olympian from the Kainai Nation in South Alberta and the first Indigenous swimmer to represent Canada. While he may be the first, if we work together as a united swim community, we can ensure that he will not be the last. (An interview between Appollo Hess and CBCNews is available [here](#).)



Brent Dodginghorse, a former professional hockey player, two-time steer wrestling world champion, and elected councilor in his community has made a lasting impact as a leader and youth advocate. He has championed education on racism, Indigenous culture, and diversity, working tirelessly to create a more inclusive community. Brent, alongside his wife Sonya, founded DH Ranch, an organization committed to fostering team building, promoting diversity awareness, and delivering impactful community programs. A documentary on Brent, Dodinghorse – One Man's Heroic Crusade Against Racism, may be viewed [here](#).